

**Amendments to the Specification:**

Please replace the abstract on page 24 with the following rewritten abstract:

A runner for a motor vehicle seat, ~~said runner comprising~~ comprises a fixed rail, ~~and~~ a moving rail, a latch and an actuating element. ~~Retaining A retaining~~ device for retaining the actuating element ~~are~~ is adapted to co-operate with a longitudinal indexing system on the fixed rail. ~~The retaining device so as firstly to hold~~ holds the actuating element in ~~the~~ an unlocking position over at least one predetermined range of longitudinal positions, ~~and~~ Further, the retaining device secondly to allow allows the actuating element to move into ~~the~~ a locking position outside the at least one predetermined range of longitudinal positions.

Please replace the paragraph at page 6, lines 10-12, with the following rewritten paragraph:

Figure 1 shows a motor vehicle seat 1 which comprises a seat proper [[1]] 2 mounted on a vehicle floor 3, and a seat back 4 mounted on the seat proper 2.

Please replace the paragraph at page 8, line 28 – page 9, line 3, with the following rewritten paragraph:

When the runner is in the assembled state, the series of teeth 19a of the ~~catch~~ latch 19 extend transversely beyond the vertical flanges 13 of the moving rail 7, by passing through cutouts 25 of complementary shape provided in the bottom portions of the two vertical flanges 13 of the moving rail 7. In addition, when they pass through the cutouts 25, the series of teeth 19a of the latch 19 engage into respective series of notches 26a defined by catches 26 provided on the ends of the flange extensions 11 of the fixed rail 6. The catches 26 provided on the end portions of the flange extensions 11 are

uniformly distributed along the longitudinal axis L, thereby forming a series of catches at a constant pitch.

Please replace the paragraph at page 9, lines 16-28, with the following rewritten paragraph:

Conversely, when the user releases the control bar 16, the spring 23 then automatically returns the ~~cateh~~ latch 19 that is associated with it into a locked position. In the locked position, which corresponds to the latch 19 being in the high position, the series of teeth 19a engage in the series of catches 26, while passing through the cutouts 25 in the moving rail 7, thereby making it possible for the moving rail 7 to be prevented from moving longitudinally relative to the fixed rail 6. The latch 19 being returned into its locked position under the drive from the resilient drive means formed by the spring 23 also makes it possible to return the actuating element 18 to a locking position.

Please replace the paragraph at page 15, line 34 – page 16, line 2, with the following rewritten paragraph:

FIG. 8a shows the runner in the locked state, in which the actuating element 18 is in its locking position so that the peg 36a of the lever 36 is in abutting contact against the top end of the second slope 25b 35b of the corresponding projecting member 35.

Please replace the paragraph at page 17, lines 10-19, with the following rewritten paragraph:

As shown in FIG. 8d, when the user continues to move the seat along the longitudinal axis (e.g. through a value of 4 mm relative to the configuration shown in FIG. 8b), the teeth 19a on the ~~cateh~~ latch 19 are still in abutting contact against the catches 26 on the fixed rail 6, under the drive from the

spring 23, while the peg 36a on the lever 36 continues to slide against the second slope 35b of the projecting member 35, thereby enabling said lever 36 to pivot about the second transverse axis Y2 under the drive from the traction spring 38.